What are the instructions for using MMS?

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MMS Instructions by SassaFrass88 6 year 4 of 4 (100%)

(Here are some misc notes that my dad and I gathered):

MMS usage and doses

sodium chlorite+activating acid producing chlorine dioxide

MMS 3 drops Miracle-Mineral-Supplement per 25 lbs. weight or weighing 250 lbs you need 30 drops Miracle-Mineral-Supplement and 150 drops of citric acid Mix...the Dose from this mixure would be 9.7 in mL and or 1.97 in tsp mesurements

1 part Miracle-Mineral-Supplement /5 parts citric acid ratio

1) Prepare the 10% citric acid solution.

a) Mix (one) 1 level tablespoon of citric acid crystal with (nine) 9 level tablespoons of distilled water.
b) Mix them and add the content to the blue Citric Acid 10% Solution bottle.
c) The blue bottle will be full if you have measured correctly.

2) Prepare the drink: In order to prepare the Miracle Mineral Solution for consumption you need to have a glass or porcelain cup and use it to combine 5 parts (5 drops) of 10% citric
acid (or lemon or lime juice) to 1 part (1 drop) of the 28% MMS sodium chlorite solution. Each time you prepare the mixture wait three minutes for the chemistry to fully work, then fill the cup with water and drink immediately. Around day 6 the taste gets very unpleasant so switch to a juice.
a) 1 part MMS to 5 parts Citric Acid. Wait 5 minutes.
b) Add water (or pineapple, grape or apple juice WITHOUT added vitamin C.)
c) Water is best until you get to higher doses when juice masks the chlorine flavor.

3) Daily: each day you are going to increase the number of drops you take by one drop MMS per day until day 15. Then maintain 15 drops. On one of these days you might start to feel a little nauseous. That is because the pathogens are being killed and the detox is heavy. So, back off the next day decreasing the dose by one or two drops. This gives the immune system time to strengthen and handle the detox but KEEP TAKING THE MMS until you reach 15 drops per day.
a) The first day take 1 drop with 5 drops of 10% citric acid solution. Swirl. Wait 3 minutes add water and drink.
b) The second day you are going to take 2 drops and 10 drops of 10% citric acid solution. Swirl. Wait 3 minutes add water and drink.
c) The third day you are going to take 3 drops and 15 drops of 10% citric acid solution. Swirl. Wait 3 minutes add water and drink.
d) And so on till day 15.
e) Take the dose at the same time each day before going to bed.

4) No Nausea = no more to detox.
a) Mild nausea will occur within 10 minutes of taking. Sometimes slight dizziness. Back off one or two drops and slowly build up the dosage as in section 3 above.

5) In severe conditions:
a) Take two doses per day 1 hour apart. The sodium chlorite is steadily released into the blood after you take a dose. But the concentration is effective during the first hour.

6) Maintenance:
a) If the symptoms have disappeared then continue with a maintenance dose of 6 drops 3 times a week.
b) Or, for older people with compromised immune system use 4 drops daily.

7) Children and pets
a) Start with 1 drop MMS increased to max 3 drops MMS per 25 lb body weight.

Used in distilled water

Take MMS In Capsule Form
- No More Taste Complaints. You can buy empty capsules at most drug stores, pictured here. The capsules go by sizes called "SIZE ZERO" and "SIZE ONE." Jim Humble likes this option so much that "MMS-In-Capsule-Form" is what he uses most of the time. This is a do-it-your-self deal.

IN A SEPARATE CUP, pre-mix a 3 or 4 drop dose with unfiltered vinegar or citric acid, or lemon juice (use the normal 1 to 5 ratio), wait 3 minutes, then use an eye-dropper to place the mix in the capsule and cap it. Take the capsule immediately with water using at least one half cup to a full cup of water. Avoid juices - no taste-masking is needed.

This writer never complained much about the MMS taste. My thought was that if the MMS taste is a handicap for you, then you better hope you never have to take chemo or sickening doses of strong Antibiotic pills. On the other hand, I do hear from people who are VERY sensitive to the MMS odor and taste. They sometimes diminish their doses and never achieve full benefit.

ARE YOU AWARE that the dosage protocols have changed - for the better. You may not have to ramp up to the 15 drop level to achieve a full "clean out!"

If you took a mere 3 or 4 drop activated dose every hour and a half, ALL DAY for several days, always backing off if nausea sensations appears, then over time you will be cleared out.

Please read about the updated protocols at

Jim Humble's Personal Writings and Methods of using the Miracle Mineral Supplement. In Jim's early books he stated that a dose of MMS provides benefit for up to 10 or 12 hours. Jim explains: this was based on scientific tests. Activated MMS was placed in a dish where equipment could monitor and record the molecules of Chlorine Dioxide that were being generated by the MMS mixture. Yes, a few molecules still drifted out of the dish after 12 hours, but they were too few to produce any benefit.

Recently, it has been determined that in the stomach, ClO2 gas is generated more quickly (due to stomach acid) and after 1 to 1.5 hours there is very little ClO2 gas available after that. This is borne out experimentally because people who SIP a low dose of MMS ALL DAY LONG at very low dosage levels experience notable improvements rapidly and visibly. This writer knows one man so determined to eliminate 20 years of candida-hosting, he uses a wrist watch with an alarm that awakens him all through the night (and day). He gets up, activates another MMS 4 drop dose, drinks it with a lot of water, and goes back to sleep.

Observe that at the 3 or 4 drop dosage level (no need to go much higher with the new protocols) you can add a lot of water to the dose. There's very little MMS in the water and you can easily drink it down without fruit or other masking agents. (Well, most people can.)

If someone is still sensitive or repulsed by MMS at these low levels, they can suck on a life saver before and after the dose. Or, as I do, after drinking it down, I take ONE MOUTHFUL of prune juice or pomegranate juice, hold it in my mouth for as long as desired, then swallow it. These two juices have no vitamin C. Prune juice is God's gift to your intestines, so bless your body with it.

TOPIC TWO.
What Foods in the Stomach Harm MMS Benefits? People often inquire about the foods they should avoid when taking MMS. Jim's reply in general was "don't worry about it." If one food or another diminishes the MMS benefit by 5% or 20%, who cares? The next dose will make up for it. And now that we recommend small doses to be taken often, the food issue matters even less.

BUT IF YOU MUST KNOW, undigested meat would be the primary culprit. Remember, ClO2 is attracted to whatever has electrons available to be ripped away. Normal living cells are nicely encapsulated and they present no attraction to ClO2. But dead cooked meat is attractive to ClO2 ions and gas. And since you asked, junk foods diminish MMS NOT AT ALL. Potato chips, donuts, peanuts, and rich icings on double rich chocolate fudge cake won't harm the effectiveness of MMS. (Sorry, but truth-seekers among us would not allow this information to be withheld, however damaging it might be on the nutritional side.)

Good Answer?
Yes No Hide this question

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The protocol for MMS by jfh 12 year 5 of 7 (71%)

This is copied from
http://www.miraclemineral.org/importantinfo.php#q2.
It is from the inventor of the protocol, Jim Humble.

Note: When following the instructions below, keep this paragraph in mind. Always activate the Miracle-Mineral-Supplement drops with one of the food acids, either lemon juice drops, or lime juice drops, or citric acid solution drops (to make citric acid solution add 1 level tablespoon of citric acid and 9 tablespoons of water. Store it in a bottle with a lid.) Always use 5 drops of one of these food acids to each one drop of Miracle-Mineral-Supplement , mix in a empty dry glass and wait at least 3 minutes, then add 1/3 to 2/3 glass of water or juice and drink. (You can expand the 3 minutes out to 10 minutes, and after adding the juice or water you can wait up to an hour before drinking.)

1. All protocol for taking Miracle-Mineral-Supplement in the Americas starts with one or two drops. Never start with more than one or two drops. People who are very sick and/or sensitive should start with ½ drop. Activate the drops as given above.

2. If you do OK and do not notice nausea on the first dose, increase by one drop for the second dose. If you notice nausea reduce the amount of MMS for the next dose. Do two doses a day, one in the morning and one in the evening. Continue to increase by one drop each time you take a new dose. When you notice nausea, reduce the dose by one drop, or bad diarrhea reduce by 2 or 3 drops. Usually reduce for one or two times before going back the amount that it took to make you nauseous.

Note: If you notice diarrhea, or even vomiting that is not a bad sign. The body is simply throwing off poisons and cleaning itself out. Everyone says that they feel much better after the diarrhea. You do not have to take any medicine for the diarrhea. It will go away as fast as it came. It will not last. It is not real diarrhea as the body is just cleaning out, and it is not caused by bacteria or virus. When the poison is gone, the diarrhea is gone.

3. Continue to follow the procedure given in 2 above. Until you reach 15 drops twice a day without nausea. At that point increase to 3 times a day. Stay at 3 times a day for at least one week and then reduce the drops to 4 to 6 drops a day for older people and 4 to 6 drops twice a week for younger people.
Note: Once you have completed step 3 above most of the viral, bacteria, mold, and yeast load will be gone from your body. Your body will be clean. You no longer have to worry about feeding the microorganism load. You can base you diet on nutrition, rather than not feeding the load. The diabetes will be gone, thus you no longer need to worry about sugar. You won't have to worry about the pancreas over reacting thus giving you a shock of insulin. Instead it will give you just enough insulin to knock the blood Sugar lever to the right level (You won't feel sleepy after eating a candy bar). Your body will then be able to easily adsorb vitamins and minerals and many other nutrients it might have been missing up to this time. You should feel better as time goes by. Do not quit taking the MMS.

For Children: The protocol for children is essentially the same. One should usually start at 1/2 drop. Just make a one drop drink and pour out 1/2 of the drink before giving it to the child. Then increase from 1 to 2 to 3 drops as given above, but do not go beyond 3 drops for each 25 pounds (11.4 kg) of body weight. With a baby start with 1/2 drop and increase to one drop up to 2 drops, but no more. So if you give 1/2 drop in the morning wait until the afternoon before giving 1 drop and then the next morning for 2 drops. It the baby or child should become nauseous wait an extra hour or two before giving another dose and also give a smaller dose. Give smaller doses until the baby or child can tolerate more, but do not stop giving doses.

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Question About External Fissure by rvrvue 6 year 5 of 7 (71%)

I had a colonoscopy on July 11, 2014 and the tube tore the skin externally on the tailbone side of my anus. The place has developed a red lump and the wound is very close to the opening of my anus. I tried the prescription Procotsol with HC 2.5% and developed a raw feeling after 3 weeks of use. Can you all recommend something. I am on the soaking regime, stool softener, loads of water and juice, eat very little of anything except fruits, veggie juices, almond milk, soy milk. I dont eat bread or meats.
Any advice.
Thankd,
rvrvue

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Yes No Hide this question

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All rvrvue's Answers
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MMS instructions. by mmsdebunked 9 year 0 of 6 (0%)

Instructions.

1: Shake it up

2: tip it down your toilet

3: flush

those are the ONLY instructions you need for using Miracle-Mineral-Supplement .

It Doesn't work! Miracle-Mineral-Supplement is a scam

Before you decide to use it, read what these other reputable alternative health news sites have to say about Jim and Miracle-Mineral-Supplement . None of these sites sell anything and all are very critical of Big Pharma and it is VERY RARE for any "alt-med" to speak out against another alternative-medicine, they're generally not in the business of making enemies out of other alternative medicine supporters. So it's no small feat that Jim has made enemies amongst the alt-med community! MMS is NOT safe, if it was, then every alternative medicine news blog would support it.

Sign of the Times
Jim Humble, Nexus Magazine and The MMS Mafia
http://www.sott.net/articles/show/213718-jim-humble-nexus-magazine-and-the-mms-mafia

War is Crime
MMS: Miracle Solution or Trojan Horse?
http://www.wariscrime.com/2010/08/08/news/mms-miracle-solution-or-trojan-horse/

Gaia Health
MMS Is Pure Poison, But the FDA Doesn't Stop It http://www.gaia-health.com/articles301/000308-mms-is-pure-poison-but-the-fda-lets-it-be-sold.shtml

Healthwyze
Another Fraud Of Alternative Medicine: M.M.S.
http://healthwyze.org/index.php/component/content/article/320-another-fraud-of-alternative-medicine-mms.html

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